



Metropolitan Nashville School System Trend Report CSH Overview Summary

The following information is a summary of CSH activities and accomplishments since the formation of CSH in the Metropolitan Nashville School System:

CSH Infrastructure Established

An infrastructure for CSH has been developed for the Metropolitan Nashville School System that includes:

- A School Health Advisory Committee
- One hundred four Healthy School Teams
- Total amount of grant funding and in-kind services/materials secured by CSH schools to expand school health capacity for the LEA totals \$153,977.

Community partnerships have been formed to address school health issues. Current partners include:

- American Heart Association
- American Red Cross
- Metro Health Department
- TNCEP
- Metro Parks and Recreation
- TSU Cooperative Extension Program
- Community Health and Wellness Team
- Nashville Fire Dept.
- MHD CPPW
- Alignment Nashville
- Second Harvest Food Bank
- MHD Youth Advisory Board
- YMCA
- Community Food Advocates
- Vanderbilt Dietetic Interns
- EFNEP
- TSU School of Nursing
- Aquinas College School of Nursing
- TAHPERD
- Vanderbilt University Children's Hospital
- Belmont University School of Nursing
- Peabody College of Education

Parent and Student Involvement Developed

Although CSH did not initiate the project, a group of MNPS parents began investigating the value of flavored milk in the schools. A committee was formed and several discussion groups met with the MNPS COO, MNPS Food Service, principals, the Health and Wellness Coordinator, community members and CSH. The committee eventually became an Alignment Nashville School Nutrition Committee. The committee continues to study and make recommendations for MNPS food service. Currently, approximately 13 parents are participating as members of various Healthy School Teams;

Approximately 60 students have been engaged in CSH activities as members of several committees, school garden committees, walking and fitness trails and student advisory committees. Students also serve on the youth initiatives (Youth Advisory Board, Youth Public Health Institute) which is a collection of public health youth engagement programs that provides pipeline education, community-based service-learning, and grassroots advocacy through the utilization of public and private high school youth leaders to affect policies concerning adolescent health in Nashville. The Youth Advisory Board meets bi-weekly 9th -12th grade as a volunteer board. Student leaders design, plan, and evaluate public health research and service projects for area youth. The Youth Public Health Institute provides public health service learning opportunity for MNPS's Health Science Academy students at select schools. CSH plans to engage the Youth Advisory Board in the 2011-2012 academic year.

School Health Interventions

Since CSH has been active in the Metropolitan Nashville School System, the following health interventions have taken place:

School Health Screenings and Referrals to Health Care providers – BMI Screenings: 21,481; Parent Referrals: 2325. BP Screenings: 5862; Referrals to School Nurses: 345;

Students have been seen by a school nurse and returned to class – 25,213;

BMI data has been collected that shows the severity of the childhood obesity epidemic in our LEA. The preliminary BMI data indicates that the rate for overweight and obese in the 2010-2011 school year was 38%. Since CSH has not been implemented in all MNPS schools, BMI data has fluctuated from 38% overweight and obese to as high as 41% since 2007. In the 2011-2012 academic school year, all MNPS schools will be participating in CSH and a valid baseline can be determined;

Many items have been purchased with CSH funds to enhance school health efforts. Examples of items purchased include: Automated BP cuffs, heart-rate monitors, physical activity items for checkout, such as Wii Fit, Pickleball, Speedminton, and health-related videos;

Professional development has been provided to school health staff. Examples include Office of CSH provided training at the MNPS physical education in-service and Fitnessgram software training. School faculty and staff have received support for their own well-being through the MNPS benefits website and MNPS employee clinics;

Specific interventions have been made in the following areas to address childhood obesity and behavioral health issues:

- Health Education – all high school wellness teachers received a class set of health textbooks in the 2010-2011 school year. The Health, Physical Education, Wellness Coordinator secured approval for a Family Life/Sexual Responsibility component to be taught in grades 7-12. Middle schools will use community agencies that have been pre-approved by MNPS. A health teacher will present the material when possible;
- Physical Education/Physical Activity Interventions – purchased physical activity equipment for check out by physical education teachers. All MNPS middle schools continue to implement the SPARK physical education curriculum. Two middle school physical education teachers have been trained as SPARK trainers. All schools are in compliance with the 90 minute law since it became state policy. MNPS middle schools partner with the Tennessee Titans in the Fuel Up to Play 60 program;
- Nutrition Interventions – Kids Eat Right, Fuel Up to Play 60. The MNPS RD supplied all schools with a notebook containing nutritional information. The RD has developed a “Nutrition Walk” for nutrition education. The RD supplied principals with nutrition messages to be read during school-wide announcements. Students are able to participate in the Awesome Choice Combo program, a special meal plan with healthy combinations of food. It also stresses the importance of personal responsibility in making healthy choices. AN has created a School Nutrition Committee which is focusing on more scratch foods, more fresh fruits and vegetables and healthier a la carte items;
- Mental Health/Behavioral Health – Denise Rollins was named MNPS Director of Social and Emotional Learning. All MNPS personnel will have access to mental health 101 in order to help identify students with emotional and mental issues. The Alignment Nashville Behavioral Health committee helped to develop LYNCS (Linking Youth in Nashville with Comprehensive Services).

MNPS CSH and Alignment Nashville have partnered in a CSH Expansion Project in order to assist Healthy School Teams in finding community partners with programs to meet the Healthy School Team’s goals. Six schools piloted the project this year with plans to expand to more schools next year. This project will make CSH more sustainable across the district.

In such a short time, CSH in the Metropolitan Nashville School System has made significant contributions to the well-being of our students and staff which in turn has addressed numerous non-academic barriers to student academic achievement.

For more information concerning Coordinated School Health (CSH), please contact the Coordinator.

Susan Lyle
615-259-3282 x858031